

# Add the HPV Vaccine to Your Health Toolkit

**HPV, or human papillomavirus, is a virus that causes infection, genital warts, and can lead to cancer.**

HPV infections are common. About 85% of people, including teens, will get an infection at some point in their life.

Infections are spread through skin-to-skin contact and sex. While most HPV infections go away within 2 years, some can last longer and lead to cancer.

**HPV causes about 36,000 cases of cancer every year in the United States.**

**This includes cancers of the**

- **Cervix**
- **Vagina**
- **Vulva**
- **Anus**
- **Penis**
- **Back of the throat**

**The HPV vaccine is a safe, long-lasting, and an effective way to protect yourself and your children.**

**Getting the HPV vaccine at an early age (between 9 to 14 years old) can prevent over 90% of these cancers.** The CDC recommends that children get the HPV vaccine in middle school, or as early as age 9, to reduce the risk of HPV-related infections and cancers.

**HPV vaccination should be completed by age 26.** If you or your child missed a dose or need the vaccine, contact your doctor today to schedule a catch-up vaccine.

## HPV Vaccine Series

### Children 9 to 14 years old

- Dose 1 - Now
- Dose 2 - 6 to 12 months after Dose 1

### People 15 to 26 years old and People with weakened immune systems

- Dose 1 - Now
- Dose 2 - 1 to 2 months after Dose 1
- Dose 3 - 6 months after Dose 1

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## Resources for parents, caregivers and community health workers:

- HPV Vaccine Information from the [NYC Department of Health](#)
- [Talking to Preteens about HPV Vaccine](#)
- [Preparing For Your Child's HPV Vaccine Visit](#)
- [CDC Recommended Vaccinations for Children 7 to 18 Years Old](#)
- [Vaccines For Children Program](#) can help pay for your child's vaccines
- NYC's [My Vaccine Record](#) tool can help check if you and your family are up to date with your vaccines.
- **Call 1-844-NYC-4NYC or 1-844-NYC-4692 to find a doctor**
  - If you are outside of the age range for the HPV vaccine and your doctor thinks you need the vaccine, ask your doctor to submit an authorization request to your insurance company

## Webinar recordings:

- [Preventing Cancer Through Vaccine Equity](#) (HPV & Hep B vaccines), hosted by Voices for Vaccines [[Full resource list here](#)]
- [Roundtable Discussion: Getting Back on Track with HPV Vaccination](#), hosted by NY VLC and HHS Regional Office of the Assistant Secretary of Health (OASH)
- [National Immunization Coverage Data with CDC](#), hosted by National Association of County and City Health Officials (NACCHO)